

ROCK COUNTY HOME JOURNAL

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L. N. WOODS, M. D.
Physician and Surgeon.
Dallas, Oregon.

T. V. B. EMBREE, M. D.
DALLAS, - OREGON
Office over Wilson's drug store.

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Will practice in all courts.

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House, sign and ornament painting, graining, kalamooning and paper hanging.

DALLAS, OREGON

MOTOR TIME TABLE.

Leaves Independence for Monmouth and Astoria - 7:30 a.m. 5:30 p.m.
Leaves Independence for Monmouth and Dallas - 11:00 a.m. 7:15 p.m.
Leaves Monmouth for Astoria - 8:30 a.m. 5:30 p.m.
Leaves Monmouth for Dallas - 11:30 a.m. 7:30 p.m.
Leaves Astoria for Monmouth and Independence - 8:00 a.m. 5 p.m.
Leaves Dallas for Monmouth and Independence - 10:00 p.m. 8:30 p.m.

M. M. KELLY, R. E. WILLIAMS,
President, Vice-President,
DALLAS CITY BANK

OF DALLAS, OREGON.
Transacts a general banking business in all its branches; buys and sells exchange on principal points in the United States; makes collections on all points in the Pacific Northwest; loans money and discounts paper at the best rates; allow interest on time deposits.

VISIT DR. JORDAN'S GREAT MUSEUM OF ANATOMY
1641 MARKET ST., ASTORIA, OREGON.
The Largest Anatomical Museum in the World. Exhibitions of any collection of human anatomy never before assembled in this country. See the most complete collection of human anatomy ever assembled in this country. See the most complete collection of human anatomy ever assembled in this country. See the most complete collection of human anatomy ever assembled in this country.

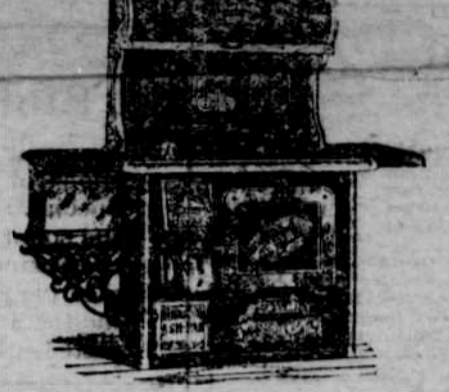
F. H. MUSCOTT,
TRUCKMAN.
Dallas: Oregon

A fair share of patronage solicited and all orders promptly filled.

Dallas Foundry!
—ALL KINDS OF—
IRON WORK TO ORDER.
Repairing Promptly Done.
ED. BIDDLE, PROP.

Plating
Royal Triple Silver Plating
Nickel Plating
Copper Plating
Zinc Plating
Tin Plating
Lead Plating
Cadmium Plating
Gold Plating
Silver Plating
C. A. ROBERTS.

I GEVURTZ, THE HOME FURNISHER, Furniture, Carpets, Stoves, GREAT CARPET SALE.



Our buyers have just returned from the east, having purchased the largest and prettiest stock of carpets and linoleum ever brought to this coast. The colorings and patterns are the prettiest ever shown. These prices are for carpets cut, sewed, and lined with best padded paper. Save money and send us your order. Send us a deposit and we will ship you the goods subject to examination, and if satisfactory you can accept and pay for same.
Union Ingrains, extra heavy, 25 cents.
Wool Ingrain, cotton chain, 40 cents.
All wool Ingrain carpet, 50 cents.
Best grade all wool extra heavy Ingrain, 65 cents.
Tapestry Brussels, 50c; Smith's Brussels, 60c.
Higgin's Brussels, 75c; Higgin's Best Brussels, 85c.
Saxony Axminster, \$1; Smith's Royal velvet, \$1.
Flour oil cloth, 20 cents.
Window shades, 3x7, all colors, 35 cents.
Lace curtains, beautiful patterns, 35c, 75c, \$1, \$2, \$3 a pair.
E Grade linoleum, 6 feet wide, 40 cents.
D Grade linoleum, 12 feet wide, 60 cents.
Inlaid linoleum, \$145. I. GEVURTZ, The Home Furnisher, 173, 175 First, & 219, 221, 228 Yamhill St., Portland

J. PERRY CALDWELL
—DEALER IN—
VEHICLES AND AGRICULTURAL IMPLEMENTS.
Buggies, wagons, binders, mowers, rakes, garden cultivators, disc and spring harrows.
DALLAS, OREGON.

Thurston Lumber Company
THURSTON BROS., PROPRIETORS, DALLAS, OREGON.
—DEALERS IN ALL KINDS OF—

LUMBER

Both rough and dressed material on hand and orders of any size promptly filled.

A MINT OF MONEY.

Treasure IS NOT NECESSARY
When you trade with us for we believe in the Quick Sale Method of small profits. It is better to sell a large quantity than a small one. There is some satisfaction in doing business. If you know a value when you see it, you will admit that we have them. Cast your eye over the prices we quote opposite. Are they too high? We think not. Our competitors will tell you they are right. Everything we sell is sold right. Figure with us on your outfits.

All wool carpet	50c
Union carpet	30c
Window shades	20c
Lace curtains	75c
Satin Brussels couch	\$4
Earl-set, five pieces	\$20
Three piece bedroom set	\$11.50
Hardwood sideboard	\$9.50
Extension table	\$4.50
Dining table	\$2.25
Set of dining chairs	\$3.60
Cobbler seat rocker	\$2

Buren & Hamilton
HOUSE FURNISHERS
SALEM OREGON

UPPER SALT CREEK SAW MILL
MARTIN BROS., PROPRIETORS.
All kinds of rough and dressed lumber on hand or cut to order.
200,000 Feet in Stock.
Slab wood for cook stoves or harvest engines at 50 cents a load.

ALCOHOL IS A POISON

ITS ACTION ON THE HUMAN BODY IS DANGEROUS.

Noted Scientists of One Opinion on This Matter—Its Harmful Action on the Muscles—It Impoverishes the Bodily Functions.
Robert Koppe, M.D., in an address before the International Congress on Alcoholism, held in London, England, in 1898, said: "The consumption of alcohol is a source of heat energy in the human organism, and in consequence of its combustibility is not scientifically just. The consideration alone that a substance will burn in our body in no way justifies its dietetic use as a source of heat energy. Morphine, as is well known, burns in our bodies into oxydimorphine. Happily, however, it has not yet occurred to any one to proclaim morphine for this reason a proper source of energy for the human organism, as is unfortunately done in the case of ethyl alcohol."

Professor H. W. Conn of Wesleyan University: "A physicist could experiment with gunpowder and prove that it is easily oxidized and gives rise to a large amount of heat and energy. From this it might be argued that gunpowder is a most useful kind of fuel for cooking stoves. Such a conclusion would be hardly less logical than the conclusion that have been drawn from these experiments with alcohol and which regard it as a useful food for the body. Gunpowder is a more unsafe fuel because of its secondary effects, and in the same way the food value of alcohol cannot be determined by its power of being oxidized, but must include the general reaction of its secondary effects as well."

H. F. Howe, M. D., of Harvard, says of Professor Atwater's experiments: "These experiments merely show that the body can derive some energy from alcohol. This does not in itself entitle alcohol to be placed among the food substances in the hygienic sense of the term, which is the sense in which the schools and people in general use the term food. If it did, such a violent poison as muscarine, the active principle of the poisonous plants of the mushroom family, would have to be classed with the foods, since it also is oxidized in the body with liberation of its contained energy."

Dr. Theodor Scherer, Director of the Institute, April 1898 (Zeit. 178): "The physiological effect of alcohol is that of a poison whose use is to be limited to the utmost. Even the moderate use as now practiced is injurious."
Dr. Beival, France (French Journal of Hygiene): "Pure ethyl alcohol itself exercises a dangerous action upon the animal economy and must be considered as a true poison."
Dr. Adolph Pick, late professor of physiology, Wurzburg university, Germany (International reputation): "In an exhaustive definition we shall have to class every substance as a poison which on becoming mixed with the blood causes a disturbance in the functions of any organ. The alcohol is such a substance cannot be doubted. Very appropriately has the English language named the disturbance caused by alcoholic beverages intoxication, which by derivation means poisoning."
Dr. J. F. Payne (address published in London Lancet, December, 1888), considering at length the question as to whether alcohol is a poison, defines a poison as "a substance capable of injuring the body either by causing damage to the tissues or by producing functional disturbance." He concluded that alcohol is a poison in both senses.
Dr. A. Forel, professor of nervous diseases, University of Zurich, Switzerland: "Alcohol, even when diluted as in wine, beer and cider, is a poison which changes pathologically the tissues of the body and leads to fatty degeneration. Of course I am not speaking here of the smaller doses. However, the latter (for example, a glass of wine or a half liter of beer) is also injurious, because it injures the brain by producing paralysis and derangement of function. That is clearly demonstrated by experiments of Kramlin, Smith, Fournier, etc. The same has been proved by the experiments of Forel. The most moderate drinking of alcohol is quite useless for the individual, but by means of example and fashion produces an incalculable social injury and misery to the mass, because all cannot remain moderate, and the strictly moderate remain at least the exception."
Professor Berger of Switzerland cites Beer on Der Alkoholismus, Berlin, 1878, page 103: "Better than through all the laboratory experiments and deductions is the demonstration of the complete uselessness, indeed harmfulness,

or even the most moderate doses of alcohol, which demonstration has been made through the thousandfold experiments by the commissariat of the army and which have already established conclusively that soldiers in times of peace and in times of war, in all climates, in heat, cold and rain, endure best all the fatiguing exertions and the most exhausting marches and maneuvers when they are deprived absolutely of all alcoholic drinks."
London's Sea of Beer.
No less than 275,000,000 gallons of water find their way annually down the throats of Londoners, while the beer consumed amounts to 153,000,000 gallons every year. In fact, our sea of beer would float the entire fleet of the United States and would allow a distribution of almost a pint to every man, woman and child in the world. Of our women London demands about 4,000,000 gallons a year, or sufficient bottles (26, 100,000), if placed five feet apart, to throw a spirituous gridle round the earth at the equator. If we add water or aerated waters in the ratio of 2 to 1, we have diluted spirits sufficient to allow ten pills to every man, woman and child (obscure) in the United Kingdom.—London Spare Moments.

Some Reasons Why You Should Insist on Having EUREKA HARNESS OIL
Unsurpassed by any other. Renders hard leather soft. Especially prepared. Keeps over water. A heavy bodied oil.
HARNESS
An excellent preservative. Reduces cost of your harness. Never harms the leather; its efficiency is increased. Secures best service. Stitches kept from breaking.
OIL
is sold in all Localities
Manufactured by Standard Oil Company.

PASSING
Look in your mirror today. Take a last look at your gray hair. It surely may be the last if you want it so; you needn't keep your hair a week longer than you wish. There's no guesswork about this; it's sure every time.
To restore color to gray hair use—
Ayer's Hair Vigor
After using it for two or three weeks notice how much younger you appear, ten years younger at least.
Ayer's Hair Vigor also cures dandruff, prevents falling of the hair, makes hair grow, and is a splendid hair dressing.
It cannot help, but do these things, for it's a hair-food. When the hair is well fed, it cannot help but grow.
It makes the scalp healthy and this cures the disease that causes dandruff.
\$1.00 a bottle. All druggists.
"My hair was coming out badly, but Ayer's Hair Vigor stopped the falling and has made my hair very thick and beautiful."—Mrs. J. C. Ayer, Lowell, Mass., April 25, 1900.
Write the Doctor.
If you do not obtain all the benefits you desire from the use of the Vigor, write the Doctor.
J. C. AYER, Lowell, Mass.

GOOD ROADS OF FLORIDA.
Splendid Highways Built of a Mixture of Sand and Clay.
Maurice O. Eldridge, acting director of the office of road inquiry of the agricultural department, who recently made an examination of the roads of Florida, makes a very favorable report of their condition. He says: In spite of the great freeze of 1898, which almost paralyzed the orange industry in Florida, the people of that state have built under these trying conditions hundreds of miles of good roads. These highways are as durable and perfect as the northern states, and on account of the luxuriant tropical growth which borders them on every hand they are as beautiful as any highways I have ever seen, not excepting the masterpieces of the road builder's art which traverse the rocky slopes of the Alps. The most remarkable thing about these roads is the cost, which is only about one-sixth as much as the stone and gravel roads of the northern states.
Roads 15 feet wide are being constructed in Orange county in the vicinity of Orlando and Winter Park for \$500 per mile, and where convict labor can be had, which fortunately is very scarce in Florida, good roads have been built for \$250 per mile. This remarkably low cost is due to the fact that these roads were built by simply mixing the sand, of which the original roads were composed, with clay, which has been discovered at various points in the state. A large deposit of this clay was discovered near Bartow, and many of the streets and roads in Orange county have been built by mixing Bartow clay with sand, which, when placed upon the prepared sand foundation and rolled, so consolidates and cements together as to form a compact and smooth surface. After these roads are once built they are not worn and cut to pieces like the highways of the north, due to the fact that no deep freezes occur to disrupt their surfaces and foundations in winter and that the water flows rapidly to the sides of the road during continued rains and sinks into the sandy soil alongside. Another reason why these roads do not wear rapidly is that many of the vehicles in Florida, even the buggies and light spring wagons, have been provided with wide tires and have thus become roadmakers. As a result of wide tires and good drainage some of the streets of Orlando, Fla., which were built over ten years ago of sand and clay, are as good, if not better, today than they were when they were built.
Farmers Changed Their Minds About the Value of Good Roads.
Speaking of the results obtained by the L. A. W. in its campaign for good roads, the New York Tribune says: "When the pioneer macadamized road was built from Irvington to Springfield, N. J., there was a storm of protests against it from ultraconservative farmers, who objected not only to the cost they expected it would impose upon them, but to the uselessness of the road. Perhaps it would do for light driving, they said, but it would never do for heavy teaming. It would be ruinous to their horses' feet. If it were built, no self-respecting farmer would ever think of using it."
"Well, it was built, and in a short time thereafter the average farmer with a heavy load to cart would go a considerable distance out of his way for the sake of getting upon it. Doubtless precisely the same thing has occurred in the case of many other improved roads in other parts of the country. Of course such a change of opinion is to be commended as a sane recognition of the benefits of improved roads."
A girl can't speak of any one being in love without using the word "desperately."—Atelston Globe.
Father Mathew Song.
Horrors for the grand old temperance cause! Here for the men who'll never join 'em. Till they make Ireland's children free From drink's degrading tyranny!
One hundred years! Would all were bright Like Theobald Mathew see the light And we'd today renew the fight 'Till we have driven heaven's blessing Of sobriety workers there is need, From every class and every creed, 'Till Erin's children all are free From drink's dark vice degrading.
This cursed vice pursues our race And brings upon it foul disgrace And leaves behind a dismal trace Of crime and degradation, And were it not for this foul stain Which brands us as with brand of Cain Our lovely island would remain The gem of all creation.
No vice like drink allows, devoids No many victims and destroys Their health, their wealth, their social joys And robs of grace and glory. May all who strive our land to free From this dread source of misery, Like Father Mathew, ever be Remembered in song and story.
The tyrant drink the soul enslaves And fills unnumbered graves And sends poor souls to sink in waves And ever burns the father's eye. No Brian Borne nor William Tell Hath e'er methods devised so well To rescue him as he who'll kill This vice true infernal.
Let every creed and every class unite, And, clad in heaven's armor bright, Let every true man join the fight With high and noble daring. His spirit leading from the skies To bless your grand endeavor. Your cause is just, your cause is grand. Let nothing then your zeal withhold—Till victory comes from God's right hand And crown your lives forever.
—Reg. James Carey, P. P.

AN ESTEY ORGAN.

There are many families that very much desire to have a good musical instrument in their homes, yet do not feel that they can afford a good piano, yet will not buy a cheap one—in which latter thought they are wise. An Estey organ can be had for any price you are prepared to pay—within reason—and in any grade you buy you get Estey quality, which has stood new 60 years, the best that it is possible to produce. One or two of these organs will give you more pleasure and profit than a whole array of cheap ones. They will withstand the tests of time, and will produce the tones that are possible only on an Estey. Chicago Cottage, too—a trifle less, perhaps, but world renowned. Let us show you these.

F. A. WIGGINS, Salem.
307 Commercial street.

WOMEN DRUNKARDS.

They Are Becoming Good Customers of Hotel Bars.
"She has not said what kind of a cocktail she wants, but I guess any kind will do," said the clerk in an up town hotel as he signed a bar ticket and slid it across the counter to the call boy, according to the Denver Republican.
"She?" queried the inquisitive stranger who was lounging over the register trying to decipher names in impossible lithography.
"Yes, she," reiterated the clerk. "I do not know what the bar would do for support if it were not for our lady visitors. I am willing to make a wager that fully half of the tickets I make out every day are for drinks that go up to the rooms occupied by ladies. The saddest thing about the matter is that the custom is growing more and more prevalent."
"You can see what an easy thing it is. There is no publicity about it. At least on the outside there appears to be none. No bar to stand before nor any lobby to walk through. The lady customer has only to remain in her room and order innumerable cocktails or other things sent up to an impersonal 'room 234.' The bell boy alone knows; he is well tipped, and it does not make much difference what he thinks."
"Lately I have been trying to find out what drinks are most popular with the ladies. They vary, of course, with the season; but, taking it all the year round, the Manhattan cocktail stands first. Good old rye whisky stands a close second and stays there during the 12 months. I have sent up a quart bottle of whisky aperitif every day for a week to women in this house."
"Of course they were out for a 'good old time.' To the family at home it was coming down to Denver for a 'shopping trip,' but in reality it is simply to get down to the city where, in a big hotel, their identity can be lost, and then to drink, plain 'booze' away, with a day or two to sober up, and go home, explaining dark, black rings under the eyes by the hard work of running around to the bargain counters."

BEFORE AND AFTER.

More common than we may think, if we define gluttony as eating beyond the body's need of sustenance and beyond the stomach's capacity for digestion and assimilation of food. That is a fair definition, and it fastens the name gluttony on many a person who would resent the term as an insult. The fact of this gluttony is marked by its consequences. The overloaded stomach becomes diseased. The popular term for the condition is "weak" stomach. The "weak" stomach fails in furnishing adequate nutrition for the body, and soon the "weakness" spreads from the stomach to other organs.
Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition. It enables the perfect assimilation of food, by which alone the health and strength of the body is maintained.
"Your medicine helped me so much that I cannot praise it too highly," writes Mrs. C. L. Brockard of Indiana, who writes: "I had not taken it long when I felt relieved, and I had not had a touch of indigestion or stomach trouble since. I had been sick for four years, and less than four bottles cured me. Some people that knew me before I began to take Dr. Pierce's Golden Medical Discovery tell me that they never saw such a change in anyone, and they also say they had never seen so much better health as I do now, when I had not done a washing for so long."
Dr. Pierce's Pellets cure biliousness.

GLUTTONY
The rating of risks is not a matter of guesswork with the insurance companies. It is their business to know as accurately as they may from carefully kept statistics just what the death rate is in various pursuits. It happens sometimes, however, that the examiners make mistakes.
A Brooklyn man celebrated his ninety-third birthday recently by writing to an insurance company which issued a policy to him many years ago and calling to their attention the fact that he was twice rejected by their examiner as a bad risk before they accepted him. Only six or seven other policy holders of this company were so accepted when this man was still alive. An officer of one of the big companies said several days ago that life insurance now was largely a matter of statistics, which were piling up all the time and reducing the margin of guesswork. Certain causes produce certain effects, and one of the most potent influences on a man's health is his daily work.
—Handwriting.
In the days of knighthood every man carried a sword and was ready to slash his neighbor upon the slightest pretext. When friends met, they grasped one another by the right hand, thereby indicating personal intentions, as each one thus gave up to the other his fighting arm. That is why we shake with the right hand—Ladies' Home Journal.